

GUIDANCE FOR SMALL GROUPS AND RUNNING PARTNERS



GUIDANCE FOR GROUPS WITH FIVE OR MORE PEOPLE:

- ▶ **Small Group Rhythm**
Meet as a Small Group every other week.
- ▶ **Running Partner Rhythm**
Meet as Running Partners every other week (opposite the Small Group week).
- ▶ **Running Partner Numbers**
An ideal size is three people (no more than four).
- ▶ **Conversation Guides**
At the end of each week's material is a conversation guide. Use this guide for both Small Group weeks and Running Partner weeks. The material is designed so that week one is Running Partners, week two is Small Groups, and then alternating in that rhythm.
- ▶ **Mixing It Up**
Where possible, mix Running Partners up with each of the eight-week *Morph* modules.

GUIDANCE FOR GROUPS WITH TWO TO FOUR PEOPLE:

- ▶ **Weekly Rhythm**
Meet as a group each week.
- ▶ **Conversation Guides**
At the end of each week's material is a conversation guide. Each guide is titled either "Running Partner Guide" or "Small Group Guide." This titling is for groups of five or more. Ignore the titling and simply use each guide for each week.

SMALL GROUP AND RUNNING PARTNER GUIDES

SMALL GROUP GUIDE

INITIATE MEETING

- ▶ Despite the fact that you've yet to experience this module and won't fully know how to answer this question, answer it anyway...

How do you hope your life might be different once you complete this *Morph* module?

DISCUSSION QUESTIONS

- ▶ What do you think of when you hear the title *Morph: Build Character*?
- ▶ What is one thing you would like to be true of your character that is not true today?
- ▶ How have you approached character change in your life?

SCRIPTURE

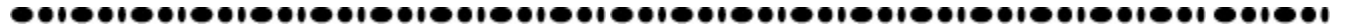
- ▶ As a group, read Psalm 1 aloud.
- ▶ What does this passage say about building character?
- ▶ What does the metaphor of a tree planted by a stream have to do with building character? Have you done this in your life? How yes or how no?

RUNNING PARTNER GROUPS

- ▶ If your group has five or more people, break up into Running Partner groups—subgroups of two to three people (preferably three when possible). If your group has four or fewer people, stay together to discuss the following:
- ▶ If you do not yet know each other well, spend some time introducing yourselves.
- ▶ Read the Running Partner Values (page 11) aloud.
 - Which of these values will come naturally for you?
 - Which values will stretch you?
- ▶ Decide on a regular meeting time and make a note of it on page 9.
- ▶ Close your time together by praying for each other in light of the conversation you just had. Pray that each of you will have a personal and powerful experience over the next eight weeks.

SMALL GROUP AND RUNNING PARTNER GUIDES

CONTACTS AND MEETING INFORMATION



GROUP CONTACT INFORMATION

NAMES	PHONE	E-MAIL
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____

SMALL GROUP

MEETING PLACE	MEETING TIME	DATE OF FIRST MEETING
_____	_____	_____

RUNNING PARTNERS

MEETING PLACE	MEETING TIME	DATE OF FIRST MEETING
_____	_____	_____

SMALL GROUP AND RUNNING PARTNER GUIDES

Week Zero

RUNNING PARTNER VALUES

BE A LISTENER

Scripture calls us to *“be quick to listen, slow to speak”* (James 1:19). We will resist the impulse to fill the air with hollow words. If we have nothing to say, we will say nothing.

BE GRACIOUS

Scripture exhorts us to *“forgive whatever grievances you may have against one another. Forgive as the Lord forgave you”* (Colossians 3:13). We will extend grace to each other, resist comparisons, and seek to encourage each person in his or her current season of life and maturity.

BE TRUTHFUL

Scripture tells us that Christ came *“full of grace and truth”* (John 1:14). We will offer truth with sensitivity, but we will not shrink from exhorting each other truthfully, and we will not encourage perpetual falsehoods in each other’s lives.

BE SENSITIVE TO GOD’S SPIRIT

Scripture tells us that God’s Spirit will *“guide you into all truth”* (John 16:13). We will not take this to presume upon God’s Spirit or assume all we say or think is from God’s Spirit, but we will listen for God’s guidance and God’s voice in each other and in our inner-persons.

BE GENTLE

Scripture tells us that when assisting a brother or sister struggling with sin, we are to *“restore them gently”* (Galatians 6:1). We are aware of our own shortcomings and will not expect perfection from each other. When needed, we will work gently with each other to point one another toward a better way.

BE MULTIPLIERS

Scripture tells us we are to take what we’ve discovered and *“entrust it to reliable people who will also be qualified to teach others”* (2 Timothy 2:2). As Running Partners, we will multiply. We will expand our influence by expanding and multiplying our relationships.

BE SENSITIVE WITH SENSITIVE INFORMATION

Scripture tells us *“a gossip betrays a confidence, but a trustworthy person keeps a secret”* (Proverbs 11:13). This is not some sort of secret society, but we will handle sensitive information sensitively. We will guard each other’s privacy and be trustworthy with each other’s vulnerability.

SMALL GROUP AND RUNNING PARTNER GUIDES